

AI Safety for 14–18 year olds.

Tips for talking to your child



Have open conversations about how they use AI day-to-day

Example: Ask them to show you how they use AI in photo-editing apps or how AI influences their social media explore page.



Talk to your child about using AI safely and responsibly

Example: If your child uses AI to get ideas for a project, encourage them to add their own thinking first and then check any AI-generated information with a trusted website or school materials.



Remind your child that AI-made content can still be harmful

Example: If your child comes across an AI-generated image or video that looks worrying or untrue, encourage them to show it to you straight away and help them report it on the platform where they found it.



Support them when they help others with AI

Example: If they help a younger sibling recognise AI mistakes, praise this and talk about how to explain it kindly and clearly.



Remind them to speak out when AI causes harm

Example: If they see AI being used to bully someone in a group chat – like an edited photo meant to embarrass someone – remind them to report it and talk to a trusted adult.

Children's experiences with AI change over time. These age-specific tips give you simple, practical ways to support them and help them feel confident coming to you whenever something doesn't look quite right.

It pays to be connected



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Every little helps